

Caries Self-Management Menu of Options

PROTECTIVE FACTORS



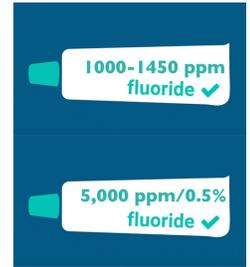
Use an antibacterial mouthrinse/
fluoride mouthwash



When possible, drink fluoridated tap water or fluoridated bottled water



2tsp baking soda in 8 oz water for buffering



Brush at least 2x daily with a fluoridated toothpaste

FERMENTABLE CARBOHYDRATE CHANGES



Reduce frequency of processed starchy snacks



Substitute fermentable carbohydrates with xylitol based products



Reduce frequency of sugary snacks

SUGAR CONTROL OPTIONS



Eliminate or reduce frequency of sugar-sweetened beverages; limit to meal time if at all



Promote consumption of whole fruit instead of juice, exercise portion control and limit juice to meal time if at all

Nutrition Facts	
Serving Size 2.00 (100g)	
Amount Per Serving	
Total Fat 15g	30%
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Cholesterol 20mg	10%
Sodium 550mg	28%
Total Carbohydrate 25g	10%
Sugars 15g	6%
Protein 5g	
Percent Daily Values	
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Sodium 550mg	28%
Total Carbohydrate 25g	10%
Sugars 15g	6%
Protein 5g	

Read labels for sugar content

ORAL HEALTH LIFESTYLE REINFORCEMENTS



Daily plaque removal. Use fluoridated toothpaste



Keep all oral health appointments

GOALS TO-GO

Goal 1: How important it is _____ (1-10) How likely to accomplish it _____ (1-10)

Goal 2: How important it is _____ (1-10) How likely to accomplish it _____ (1-10)